

Blocking – Three-Person Block P2/3/4 (turn, run, shuffle steps)

Serie 4 | Poster 6

1 Three-Person Block P4 / Todor SKRIMOV (15), Nikolay NIKOLOV (18), Georgi BRATOEV (1) / BULGARIA / Olympic Games 2012



2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 The three players (P2, P3 and P4) are reading the setter and facing the net with legs bent slightly and in a 'ready position' to determine in which direction they have to move.
- 2 The blockers move together sideways with a variable movement to pos. 4 or 2. P3 and the blocker furthest away move with cross step and blocker 'setting' the block moves with side step. During movement the back is straight, the knees and hips are approaching full extension and weight is on the toes.
- 3 Blockers choose the take off position and timing according to quality/timing of pass, tendencies of setter and attacker or the game plan. Usually the outside blocker 'sets' this position and helps to create the timing of the block. The aim of the blockers is to create a situation where it is difficult for the opponent attacker to score.
- 4 Just before take-off the 3 blockers have to be in unison so their timing does not leave cause difficulties for the diggers or leave 'holes' in the block.

Ballcontact - contact phase 5 - 6

- 5 Arms are extended over the net and the palms reach to the ball, fingers are opened and eyes open to focus on ball.
- 6 At peak height the back is bent forward, abdominal muscles are contracted, eyes look up, hands move up and surround the ball with the shoulders extended to angle the arms, thus pushing the ball into the opponent's court. Each of the outside blockers turn the outside hand to prevent 'wipe-off' or to take away angles from the attacker while the P3 pushes to centre of court creating a 'cup' within the six hands of the blockers.

Follow through - post contact phase 7 - 8

- 7 After the push over the net, the abdominal muscles, hips and shoulders tighten and pull the upper body back with the arms staying high to not contact the net as the body falls to the floor.
- 8 Landing should be on both feet with bent knees in a balanced position to avoid injuries. Be ready to transition as an attacker or get back to the 'ready position' to block again.

3 Three-Person Block P3 / Ivan ZAYTSEV (9), Alessandro FEI (14), Michal LASKO (7) / ITALY / Olympic Games 2012



4 Three-Person Block P2 / Matthew ANDERSON (1), Russel HOLMES (12), Donald SUXHO (7) / USA / Olympic Games 2012

